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## Flames visionary dies at 86

**SEAMAN** One of the visionary men who brought the Atlanta Flames to Calgary passed away yesterday, the Calgary Flames announced.

Daryl K. (Doc) Seaman was instrumental in building the ownership group that rewarded the city of Calgary with a National Hockey League franchise nearly 30 years ago.



Daryl K. Seaman "I've lost a dear friend of 55 years

and I have lost the best partner a man could have," said fellow Flames owner Harley Hotchkiss on the Calgary Flames website.

"People should know that the Flames were Doc's initiative and Doc's idea. There would have been no Flames in Calgary were it not for Doc. Those who care about our team and the game owe him a debt of gratitude."

No cause of death was given. Seaman, born in Rouleau, Sask., was 86.

METRO CALGARY

**Going Green pg 9**

**Save money and the Earth**

**Entertainment**

Glamour at the Globes pg 15



Flames competition **Iginla's got skills**



Calgary Flames captain Jarome Iginla takes aim at the targets in the accuracy shooting event at the annual Calgary Flames skills competition yesterday. Mike Cammalleri won the accuracy event. Find out the rest of the Flame skills winners on page 11.

## Council to cut raises?

Alderman wants to slash own pay increase to 2.75%

**KRISTA SYLVESTER**  
krista.sylvester@metronews.ca

**A city alderman is calling on his fellow aldermen to support a motion to cut the 5.5 per cent council pay hikes in half.**

Ald. Andre Chabot is putting forward a motion on Jan. 26 to cut the pay increase to 2.75 per cent, a move he says hasn't been well received by council members.

"I think it would be good for us to lead by example. I said we would cut spending wherever possible, so why not start here,"

Chabot said.

Chabot knows he has a tough road ahead of him and while Ald. Ric McIver supports the motion, he isn't sure where everyone else stands.

"But I rather someone put forth an amendment to cut it down to 3.3 per cent or 3.5 per cent, instead of it failing altogether, and I would support that."

While Scott Hennig, director of the Canadian Taxpayers Association, says he supports the lower pay increases, he worries about the consequences of putting the power back into

### Hike history

- A 5.5 per cent pay increase is \$5,000 and was decided on based on last year's numbers (according to council).

council's hands to decide their own salaries.

"It's nice now to save the taxpayers two or three per cent, but what about when things are better next year and they can more than make up for it with 10 or 20 per cent increases?" Hennig said.

Hennig said they never had a problem with the 5.5 per cent increase to begin

with, since it was decided out of the hands of council based on the private sector.

Ald. Bob Hawkesworth agrees that allowing council to decide their own salaries again is a bad idea.

"It will always be seen as a conflict of interest for council to decide these things on our own. I am extremely reluctant to support something that in my opinion is a step backwards."

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## McIver wants price check

**COUNCIL** Ald. Ric McIver wants to see city council consider cost when making decisions that affect Calgary.

In what he says is a "common-sense" move, McIver will put forward a motion for today's meeting to make it mandatory for council to understand and approve costs to the city — and ultimately the taxpayer — for any motion before agreeing to go forward with it.

"We'll shop like any of the taxpayers," he said. "We won't buy it before we know the price."

McIver described his motion as just "one more line on the report" by administration when looking for council's approval on an issue.

He says it's important "now, because the economy is tough for some people, but it's always important (to know the costs)."

"I'm hoping it will get approved with very little decision," he said. "... I've heard from a few members of council that they think it's a good idea, but we'll see (today) if that adds up to eight."

There was a motion at the last meeting to give council tax costs, but he'd like to see it required to be part of the initial approval process.

**ALICIA FOX/**  
FOR METRO CALGARY

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**Transparency in Canadian newspaper**

Alberta came out on top of an annual Canadian Newspaper Association audit testing government transparency. Calgary received a B-minus overall, while Alberta as a whole received a B-plus. **METRO NEWS SERVICES**

# Local



## Energy expert speaks

Calgarians concerned about the global energy supply-and-demand issues can attend a presentation by Peter Tertzakian, author of *A Thousand Barrels a Second*, on Wednesday. Doors open at 5:30 p.m. at Ceili's Irish Pub, 803 8 Ave SW. Cost is \$5.

METRO CALGARY



# Citytv

ROGERS™

### United States Presidential Inauguration

## Designer off to Washington for parade

A Calgary costume designer is heading to Washington, D.C., on Jan. 20 to take part in the inauguration parade for Barack Obama.

Wendy Partridge created First World War uniforms for the parade after the curator of the Lincoln Highway National Museum saw her costumes in the movie *Passchendaele*.

She will also be riding in a fire truck in the parade.

METRO CALGARY

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WHAT'S ONLINE TODAY

**Video** New Brunswick community mourns anniversary of fatal van crash at [metronews.ca/canada](http://metronews.ca/canada)  
**Video** Remembering when the army dug Toronto out from the snow at [metronews.ca/canada](http://metronews.ca/canada)

# No longer a man's game

## More women attending motorcycle shows

KRISTA SYLVESTER  
[krista.sylvester@metronews.ca](mailto:krista.sylvester@metronews.ca)

**She's had her bike licence for five years and she's finally ready to take the plunge and buy her first bike.**

And Jennifer Bergan was just one of hundreds of women taking control of the bikes and decisions yesterday at the 2009 Calgary Motorcycle Show.

"I've noticed there are so many more girls here that are interested in bikes. It used to be wives and girlfriends and now there is a lot more girls on their own, wanting bikes for themselves," Bergan said. "It's cool to see we are taking control."

Until now, the commerce student couldn't afford to buy a bike. But now she can. "Oh, I'm so ready. I love bikes, they are hot, and liberating and just so much fun," Bergan said.



Alanna Snyder checks out what might be her next ride at the 2009 Calgary Motorcycle Show held at the Roundup Centre over the weekend.

Bike lovers flocked to the weekend event including Brian Salo, owner of four Ducatis, one of which he won in a contest — a pizza-eating contest.

The bike fan said he loves the freedom of riding

and bought his first bike only four years ago.

"Riding is a tension release, you don't think about the mowing the lawn, walking the dog or paying bills, you just focus on the road," he said.

"With Ducatis, it's like a nice family feeling."

Salo was happy to see the turnout at the weekend event. "Despite the economy, things are busy here and I don't think it's been affected too much."

## Phan trial wraps up testimony

**CRIME** Final arguments in the assault trial of Lily Phan are expected in early April after the final witness testified Friday.

Phan is facing five charges, including assaulting a police officer and resisting arrest stemming from an incident at the premier's 2007 Stampede breakfast where witnesses testified Phan allegedly grabbed a pastry to attempt to pie Ed Stelmach.

METRO CALGARY

## Bystander laid to rest in gang killing

**CRIME** An innocent bystander killed in the escalating gang war in the city was laid to rest this weekend. Friends, family and strangers gathered in a southwest church on Saturday to remember 43-year-old Keni Su'a, who was slain on New Year's Day. He was laid to rest the same day as alleged gang member Sanjeev Mann, targeted in the gang hit at Bolsa Restaurant. **METRO CALGARY**

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Suspected gang member deported

**IMMIGRATION** A step toward gang-free streets was taken as government officials have now deported Antonio Findlater, who police say was a central and longtime member of a notorious Calgary gang.

Findlater denied being a member of the Clippers, a gang known for coke dealing, intimidation and violence, but Immigration and Refugee Board member Paul Kyba said he accepted the evidence given of gang links.

Endowments drop off with economy

**FUNDING** Post-secondary schools in Calgary are being battered by the raging winds of the mounting economic storm.

Both Mount Royal College and the University of Calgary saw drops in their endowment funds, which allocates a percentage of donations to various projects and priorities throughout the year. U of C took the bigger hit when the fund fell by \$78 million. MRC lost \$29 million from its fund.

METRO CALGARY

# Dirty Laundry cleans up

## Local improv soap opera bringing patrons back

**JENNIFER HILLIKER**  
for Metro Calgary

**Alan Davis and his wife, Shirley, say the giggles they get every Monday night last until Friday, and then they start looking forward to Monday again.**

They have season's passes to Dirty Laundry, a weekly improvised soap opera that is put on at the Lunchbox Theatre every Monday night at 8 p.m. Season 9 debuts today.

The Davis' have been hooked ever since they heard about Dirty Laundry on CBC and went to see a performance during Season 2. They have missed only two performances since, one because Shirley was having knee replacement surgery and the other because she was sick.

"We also have season's tickets to Stage West and Vertigo Theatre," Alan Davis said. "But if we had to choose just one, we would choose Dirty Laundry."

Though some followers



Actors Karen Johnson-Diamond and Tony Eyamie act out a scene in the improvised weekly soap opera Dirty Laundry. Each season brings a different setting, last season being 1905 in the town of Chastity Gap, Alta. This season, they return as members of the staff of ADHD Advertising.

of the show are skeptical, actors and producers insist the show is always 100 per cent improvised.

"We're making up an entire play every week," said Karen Johnson-Diamond, actor and producer. "I think it's easy to follow

along, even if you've never been before. Just like any soap opera on TV — if you haven't seen the Young and the Restless for six years, you can turn it on and it takes you about three scenes to catch up and go, 'Oh, OK, Megan's

with Victor again.'" Dirty Laundry was originally inspired by Edmonton's Die Nasty, another improvised soap opera. It has been compared to shows like Corner Gas and Rowan and Martin's Laugh-In.

# Construction sector copes with local slowdown

**ALICIA FOX**  
for Metro Calgary

**ECONOMY** Sluggish progress from the residential construction sector and a serious drop in building permit values has left labourers in a position unheard of a year ago: Work no longer comes knocking down their doors.

Jim Reimer, a framer who runs Homes by Legend Ltd. with his brother, said he's been feeling anxious about the downturn in business.

"I'm thinking it'll be busy come summer again," he said.

"But not as busy as when it was boom-time."

They've been left to their own creative methods, including thumbing through the yellow pages and advertising on Kijiji, the latter of which actually garnered them a job.

Building permit values in Calgary dropped 25 per cent in 2008.

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**Prison still in lockdown days after fight**

A Manitoba prison remained in lockdown yesterday, a day after a major fight involving about 100 inmates sent a handful of them to hospital. Prisoners at the Stony Mountain Institution, 25 kilometres north of Winnipeg, could be confined to their cells for days while the RCMP investigates, a prison spokesman said. **CBC NEWS ONLINE**

5

# Canada



## Stamp prices raised

Starting today, the price of sending snail mail takes a jump. The cost of mailing a first-class letter within Canada will increase to 54 cents from 52 cents. Letters to the United States increase by two cents to 98 cents, while letters to all other foreign countries go up five cents to \$1.65.

METRO CANADA

# Ontario man rakes it in at \$3M poker tournament

MARTY YORK  
marty.york@metronews.ca



Late Saturday night, at a luxurious resort on Paradise Island in the Bahamas, Pooria Nazari's first name became an oxymoron.

That's when Pooria, a 22-year-old biochemistry graduate out of McMaster University, became a multimillionaire by winning a first prize of \$3 million US in the largest poker tournament outside Las Vegas.

Not a bad return on the Richmond Hill, Ont., native's original \$33 investment online at PokerStars.net. In a Hollywood

**"It's just a little hard for me to believe right now. It's surreal."**

Pooria Nazari

sort of finish at the final table of the PokerStars Caribbean Adventure, Nazari needed only the fourth hand of heads-up competition against American Tony Gregg before winning the championship and striking it rich.

Gregg had raised the pot to \$650,000, Nazari made it \$2 million, then Gregg shipped it all in.

"How much, like, \$8 million?" Nazari, in his dark sunglasses, asked with little emotion. "I call."

And he scraped out the triumph with a pair of 10s, beating Gregg's queen high.

Gregg garnered \$1.7 million as the bridesmaid, but Nazari made history with top spot among the 1,347 participants who competed for six days.

"I'm really not sure what I'll do with this money," a subdued Nazari said afterward. "It's just a little hard for me to believe right now. It's surreal."

Nazari, who finished his

degree last month, said he only began playing poker six years ago while in high school.

For the past few years, he has played online at PokerStars, the largest online poker-card room in the world.

He qualified for the Caribbean tournament through a \$33 re-buy turbo tourney, a series of quick-paced aggressive games that allow players the chance to buy back in, even after a loss.

In addition to the prize money, Nazari earned a berth into the European Poker Tour grand final in Monte Carlo from April 28 to May 3.

## Edmonton Suspicious fire



Neighbours confirmed a house that went up in flames Saturday was that of former Syncrude president, Jim Carter. The Edmonton police arson unit is investigating the blaze.

## News in brief

**OBAMA** Barack Obama will visit Canada in his first international trip as U.S. president, the office of Prime Minister Stephen Harper said Saturday.

No date for the trip was provided, but the statement said it would be Obama's first foreign trip as president.

REUTERS



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# Lawyers defend 'two-beer' defence

**New federal legislation that virtually abolishes a "two-beer" defence to an impaired driving charge is being pulled into court for a legal spot check.**

Before the new legislation took effect last July 2, people accused of driving with more than .08 milligrams of alcohol in 100 millilitres of blood — particularly if they were only marginally over the limit — would often argue they had consumed just

**"The particulars of the breath machines ... are shrouded in secrecy."** Joseph Neuberger

two beers. They might also say they drank the last one not long before the breath test, which could have resulted in more alcohol in their breath than in their blood.

Under the new changes, part of the federal government's Tackling Violent

Crime Act, accused people who want to challenge a breathalyzer result are now required to provide the court with technical evidence proving the equipment was malfunctioning or wasn't operated properly.

The first step in the legal challenge begins today

when defence lawyers and the Crown appear in the Superior Court of Justice in Toronto for arguments over which level of court should hear the challenge.

Law professor Alan Young and defence lawyer Joseph Neuberger, represents three men charged with having unlawful blood alcohol levels.

Young and Neuberger believe the legislation is unconstitutional because it no

longer permits them to raise reasonable doubt about the validity of a breathalyzer result by calling evidence about their clients' pattern of alcohol consumption.

"The particulars of the breath machines, including maintenance records, specs and the manufacturer's manual are shrouded in secrecy, withheld by the Crown and the manufacturer," Neuberger said.

TORSTAR NEWS SERVICE

Documents reveal Omar Khadr's age a concern for gov't

**KHADR** Government lawyers have repeatedly raised concerns about the U.S. prosecution of Omar Khadr since he was only 15 when captured, while publicly, Prime Minister Stephen Harper has supported the war-crimes trial of the Toronto-born detainee.

Internal government documents obtained by Torstar News Service state that "Canada considers that Omar Khadr's juvenile status should be taken into account in all aspects of his detention, treatment, proceedings and possible sentence."

**"Khadr's juvenile status should be taken into account."** Document

Document should be taken into account in all aspects of his detention, treatment, proceedings and possible sentence."

Torstar News Service made the request for documents through the Federal Access to Information legislation 17 months ago. The more than 100 heavily censored pages of documents from Canada's Justice and Foreign Affairs departments include legal opinions about Khadr's case and Guantanamo's war-crimes trials. One report concerning Canada's law for young offenders and titled Youth Criminal Justice Act is blacked out.

TORSTAR NEWS SERVICE

## News in brief

**FLOODING** The waterlogged B.C. community of Chilliwack, already dealing with floods and dozens of mudslides after a deluge of rain, is bracing for more wet weather, CBC News Online reports.

**PLASTIC BAGS** The Loblaw grocery chain in Toronto will begin charging customers five cents per plastic bag today and says "partial proceeds" from the fee will go to World Wildlife Fund-Canada. The chain said it won't reveal how much of the money goes to the conservation group until April, when its pay-for-plastic initiative goes nationwide.

METRO NEWS SERVICES

## Desperately ill and left in the lurch

**CANCER** Shortly after Kristina Pliskevicius was diagnosed with advanced ovarian cancer, the young university graduate fell hard through a crack in Canada's social safety net.

Pliskevicius, 26, did not accumulate enough work hours to qualify for employment insurance benefits and she does not qualify for provincial welfare. Unable to support herself, she relies on help from her retired parents and the good graces of her savvy fundraising friends.

It's a trap other young



Kristina Pliskevicius and boyfriend Jeff Rivait pictured in 2008 from her first cancer diagnosis.

cancer patients in Ontario have been caught in — they're neither poor enough nor sick enough to qualify for government benefits at a time when help is so desperately needed, health advocates say.

"Thank God I have the parents I have or God knows what I would do," Pliskevicius says from her parents' home in Windsor, Ont., where she goes to recuperate after her experimental chemotherapy

treatments at Princess Margaret Hospital.

Suddenly being hit with a financial crisis after a cancer diagnosis can be a double blow, says Pamela Bowes, manager of program development at WellSpring, a network of cancer support centres. Patients can be desperate by the time they get to Bowes, who provides counselling on financial matters and finds many are surprised to learn what little is out there in terms of quick, government support.

Every provincial or federal program has a different application process and different criteria for eligibility. "Each has a definition for sick enough," she says.

TORSTAR NEWS SERVICE

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**Bush says dad a 'nut' to plan another sky-dive**

U.S. President George W. Bush said yesterday he thought his father, the former president, is a "nut" to plan to celebrate his 85th birthday with another sky-dive. **REUTERS**

7

# World



An Israeli soldier looks out from atop an armoured personnel carrier yesterday as smoke rises across the border from the northern Gaza Strip.

## Reservists head to Gaza

**Israel threw reservists into battle in the Gaza Strip yesterday and at least 31 Palestinians were killed on the 16th day of a devastating offensive Israeli Prime Minister Ehud Olmert said was close to achieving its aims.**

The reservists had been held back until now, as Israeli leaders ponder a full-scale assault on Gaza's towns and cities to try to destroy Hamas' ability to fire rockets into Israel.

It was unclear whether Israeli forces had been ordered to storm into built-up areas, risking higher military casualties as well

### Casualties

- The Palestinian death toll since Israel's offensive began on Dec. 27 has reached 890, many of them civilians, Gaza medical officials said.
- Thirteen Israelis — three civilians hit by rocket fire and 10 soldiers — have been killed, Israel says.

as heavy civilian losses.

Olmert, Defence Minister Ehud Barak and Foreign Minister Tzipi Livni met to discuss their next move, Israel radio said, predicting more attacks on

smuggling tunnels used by Hamas on the Gaza-Egyptian border, and possibly a wider operation.

Thick black smoke rose over the city of Gaza as fighting raged on in the Hamas-ruled territory in defiance of a UN Security Council demand for a ceasefire.

"Israel is getting close to achieving the goals it set for itself, but patience, determination and effort are still needed to realize these goals in a manner that will change the security situation," Olmert told his cabinet in Jerusalem.

**REUTERS**

## Obama vows to overhaul U.S. bailout

**ECONOMY** U.S. president-elect Barack Obama vowed to retool a \$700-billion US financial rescue plan to save more families from foreclosure, and his aides met congressional leaders yesterday to chart fresh spending measures to restore a fragile economy.

Obama said his staff was working closely with con-

gressional leaders to modify terms of the financial rescue plan and draft a broader economic stimulus package that could, taken together, inject more than a trillion dollars into the ailing economy.

"We're going to have a collaborative, consultative process with Congress over the next few days," said

Obama, who takes over as president from President George W. Bush on Jan. 20.

"We're not trying to jam anything down people's throats," he said.

Obama wants passage of a stimulus plan by mid-February, saying it is crucial to reviving the economy.

**REUTERS**

### News in brief

**INDONESIA** An Indonesian ferry carrying 250 passengers capsized and sank after being battered by a large wave in storms in the country's east yesterday, officials said, adding bad weather and nightfall made rescue efforts difficult. Six deaths have been confirmed in the accident, which occurred early yesterday morning.

**POLITICS** Battling drug murders and an economic crisis, Mexico's Felipe Calderon will urge U.S. president-elect Barack Obama today to support his drug war and stick to the NAFTA trade deal. Calderon will be the first foreign leader that Obama sits down with since he was elected in November. **REUTERS**

### Everest climber dies on Mont Blanc

**FRANCE** The youngest Briton to scale Mount Everest has died climbing France's Mont Blanc, French police said yesterday. The bodies of 21-year-old Rob Gauntlett and his climbing companion were found on Saturday morning. **REUTERS**



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# Comment & Views

## Comment

# It's better left unsaid

Or men should just learn to read a woman's mind

## HineSight

Anne Hines



Someone said, "Life is lived in the subtext." I'm not sure who said it. Possibly me.

What it means is, if you want to find the truth of what another person is thinking, it's not enough to listen to what they say. You have to search underneath, far below the surface to find out what's really going on. Depending on how you look at it, this is either wise, insightful life advice or an excellent plot for a sci-fi movie.

When it comes to dealing with subtext, people fall into two categories. Some

have no idea subtext exists. Generally, we call these people "men." This accounts for painful events like this.

A week ago, a friend called, sobbing that her husband hadn't bought her a birthday gift. Apparently, he'd asked the week before what she wanted — she'd said, "Oh honey, being married to you is enough," and, inexplicably in the opinion of every woman she told this to, he believed her.

All miscommunication between men and women could be eliminated entirely if men would take the time to learn one simple skill — how to read our minds. Women, on the other

hand, not only know subliminal messages exist, we've turned it into an extreme support. I've spent many hours with my girlfriends, hun-

ked over glasses of red wine and low-fat nacho chips, happily playing "Guess The Subtext."

Friend: He isn't taking me to the basketball game. He says it's because I keep telling him I don't like sports. Us: That's what he

says. And the game begins.

It is possible for subtext to go unrecognized between two women. On the flimsy excuse that she has vacation days to use or she'll lose them, and I have no time off available, my

partner, Liz, recently announced that she's going on a cruise with her mother and without me. My subtext went like this:

Me: That's so great. I'm happy for you.

Subtext: You're what?

Me: I mean, what would you do if you stayed here?

Cook me dinner, paint the laundry room like you keep promising, be waiting at the door when I come home ...

Me: Of course, I'm happy for you. I love you.

Even more than my iPod. I love my tunes. Hey, if Liz is away I can crank up the David Cook CD, sing really loud and practise my rock moves in the living room ... naked!

So maybe sometimes, there are things better left unsaid.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



## Letters

### Quit whining about weather and embrace winter

As a Canadian citizen, I am annoyed to read people's complaints about having to walk through snowdrifts. Simply put, if you would prefer not to deal with snow, move south.

Living where we do, one should learn to accept the reality of Canadian winters, therefore, buy taller boots. Also, perhaps we've forgotten what snow means for us. For the farming community, it means a better potential growing season, which means less farmers needing to claim financial support if their crops are poor (for those who are keeping track).

Secondly, if there are high snowdrifts in your

area, be thankful the city has plowed your streets, as that means safer driving and decreased probability for traffic collisions. Compared to our eastern neighbours, we've got it pretty good here in terms of snowfall and snowdrift size.

I have lived in southern Alberta my whole life and although I prefer seasons without snow, I hunker down when the white stuff falls — it's just what you do. One bundles up: Boots, coat, mittens, tuque and scarf; complaining for the sake of having someone hear you is pointless and just raises blood pressure. Let the little things go and live life (make a snow angel).

JESSICA YANOSIK, CALGARY

## Views

# Time to change your transit sensibilities

## InTransit

Chris Phalen



calgaryletters@metronews.ca

It's hard to discount the looming sterility of the suburbs.

Double garage doors face the streets emoting barrenness, and the squalid collective demeanour of the stereotypical urbanite complements the design malfunction, which is easily measured by an obvious lack of civic availability.

Auto dependence is the palpable thorn in the side of Calgary's path to a more pedestrian, low-stress community of transit bliss.

The simple act of driving

cuts off our access to daily human interaction and, sadly, in road horny, sprawlsavvy Calgary, we float from capsule to capsule without the reciprocals of social engagement.

Urbanites go from garage to car, to underground parking, to elevator, to office, without the simplest nod or gesture, without a notion of camaraderie, or even the opportunity to embrace a daily moment of greeting.

The suburban child meets adolescence without the rights of passage they deserve because their independence gets stalled by the walls of the suburban community blueprint.

Instead, kids rely on mom, dad and the trusty automobile for their transit needs.

We are literally living a box existence encapsulated

and compounded by our perceptions or misconceptions of the car.

It got me thinking — if people could change their transit sensibilities and decry the overvalued and misconstrued convenience of driving, even if only once and a while, we could become pioneers of a Calgary cultural shift by simply acting on different transportation choices.

Perhaps commuters could replace old transportation habits and routines with a dose of social intrigue and a desire to break the monotony of suburban living while using public transit as a weapon to battle a lifestyle watered down by access inefficiencies.

For instance, think of how many embryonic conversations battle inertia every day on the transit

commute.

But Calgary Transit served more than 90 million patrons last year, and you'd have to think it only human to desire some form of social embrace.

Transit routes also offer new scenery, and a jaunt through untried neighbourhoods, which in turn offers a refreshing perspective from daily familiarity.

Let's recognize the serendipitous exchanges waiting to happen on public transit, the synchronicity of changing the pattern and embracing fellow commuters rather than battling the boredom that so easily wraps us up in routine.

Chris Phalen is a web intern and regular contributor to Avenue magazine. He has also contributed to the Prince Albert Daily Herald, Globe and Mail and various magazines.

## Quote of the Day

**"Israel is getting close to achieving the goals it set for itself."**

— Israeli Prime Minister Ehud Olmert to his cabinet on the Gaza offensive.

REUTERS

## Metro Online Poll Results

68% SAID Not at all	Are you worried about nanotechnology?	13% SAID Not sure
11% SAID Very	Weigh in on today's question at metronews.ca	8% SAID Somewhat

It's your turn to tell others what you think. E-mail your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Conserve water while brushing your teeth**

Turn off the tap while you brush your teeth. You can save up to eight litres per minute, or about 80 per cent of the water you normally use, according to goblue.org.

METRO NEWS SERVICES

# Going Green

## Ideal fridge temperature

Did you know the ideal internal temperature of your fridge is usually between 3 C and 4 C? When your fridge is kept too cold, it wastes energy and can taint your food. To check, place an appliance thermometer in a glass of water on the middle shelf and let it stand for five to eight hours. If the reading is not in the ideal range, adjust the temperature accordingly.

DAVID SUZUKI FOUNDATION

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

# Drive right to the bank

Fight the crunch by keeping your transportation economical

EMMA FORREST  
Metro World

**Everyone is panicking about global recession, but you can cut the cost of your motoring bill by making some really easy changes. However you get around, keep it low-cost.**

**1** Do you need to drive? Why not walk to the supermarket, and trade your car for a bus or bike for your daily commute?

**2** If you must go by car, carpool and you can share the cost of driving with your friends.

**3** Drive smoothly — braking and revving the engine use more fuel. Stick to the speed limit: Your car pollutes most at very low or high speeds.

**4** Be aerodynamic: The more aerodynamic your car is, the less fuel it will use, so cut drag by removing your roof rack, and closing your windows.

**5** Set your tires to the correct pressure and you'll use up to 10 per cent less fuel.

**6** If you're considering buying a car, buy the smallest and cheapest car that suits your needs. It will cost less to insure and operate.



## 2008 was 10th hottest on record

**TEMPERATURES** It might feel cold, but the world is getting hotter and global warming remains a danger, the United Nations weather agency WMO said late last week.

"The Secretary-General of the World Meteorological Organization, Michel Jarraud, has stressed that we mustn't confuse the current weather that we're seeing with global warming," WMO spokeswoman Gaelle Sevenier told a news briefing.

Weather studies since 1850 show an undeniable increase in temperature, Sevenier said.

While 2008 was cooler than the previous year, it was the 10th warmest year since records started, Sevenier noted.

REUTERS

## Times Square gets 'Eco-Board'

**POWER** The world's first billboard running solely on wind and solar power is ready to make its debut in the capital of all billboards — New York's Times Square. The "Eco-Board" weighs 35,000 pounds and will be powered by 16 vertical wind turbines and 64 solar panels.

Wind whistling between the neighbourhood's skyscrapers should keep the giant billboard lit constantly, said the manufacturer, Japanese copy and photo giant Ricoh Company Ltd. "We wanted to make a statement that we can put up an advertisement and not impact the environment, so that began the journey to Times Square," Ricoh spokesman Ron Potesky said.

REUTERS

# Green products flourish at technology show

Green is in like never before at this year's Consumer Electronics Show, with 3,000 square feet of dedicated floor space and companies touting the energy-saving, earth-friendly attributes of their gadgets.

On display are "eco-buttons" that reduce your computer's power consumption, e-lanterns that produce an hour's worth of light if you crank them for a minute, luminous TV screens that use far

## Tops in their categories

- Greenpeace's assessment of about 50 electronics products found Lenovo Group Ltd.'s L2440x wide computer

monitor, Sharp Corp.'s LC-52GX5 television, Samsung Electronics Co. Ltd.'s F268 mobile phone, Nokia's 6210

smartphone and Toshiba Machine Co. Ltd.'s Portege R600 laptop were the greenest in their categories.

less energy than standard TVs and even mercury-free batteries that are 94 per cent recyclable.

But in the absence of a uniform global standard that certifies a product as "green," are environment-conscious consumers buy-

ing more green hype than green engineering?

Not necessarily, said Jeff Omelchuck, director of the Green Electronics Council, which provides an Electronic Product Environmental Assessment Tool (EPEAT) certification

for computers. The EPEAT provides manufacturers with a set of criteria against which to measure their products' environmental impact.

"Electronics are, in fact, much more environmentally friendly today than

even five years ago," Omelchuck, an engineer, told Reuters.

But that does not mean gadgets are "sustainable" — leaving no adverse impact on the environment as they make their way from the factory to a recycling unit — which would make them truly green, Omelchuck added.

"Companies are making products greener because the market expects them to," he added.

REUTERS

## News in brief

**FOOD** The warming climate is likely to put stress on crops and livestock alike and could cause serious food shortages for half the world's population, U.S. researchers predicted late last week. The worst effects will be in the regions where the poorest people already live — the tropics and subtropics, the researchers wrote in the journal Science. But temperate regions will see very warm average temperatures, they added.

REUTERS



The average price for a gallon of gasoline in the United States has risen to \$1.7793 US a gallon for the first time since the July all-time high of \$4.11 US, indicating the bottom has likely been hit, according to a nationwide Lundberg survey. **REUTERS**

# Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

## Toyota unveils electric commuter for 2012

**AUTOS** Toyota Motor Corp. said it would launch an all-electric car for city commuting by 2012 in the United States as part of its plan to speed up the introduction of green cars as its global sales falter.

The FT-EV concept made its debut at the North American International Auto Show in Detroit yesterday, where the world's top automaker is also unveiling two new gasoline-electric hybrid cars.

The FT-EV concept shares a platform with the tiny iQ urban commuter car, which runs on a gasoline engine and emits just

99 grams of carbon dioxide per kilometre.

Toyota said the concept car is targeted at the urban dweller driving up to 80 km between home and work, for instance.

Toyota, which had previously said it would aim to get an electric car out by the "early part of the next decade", would join rivals General Motors Corp. and Nissan Motor Co. in the race to grab the lead in the zero-emission car segment.

But Toyota said it still considered gasoline-electric hybrid vehicles its long-term core powertrain technology. **REUTERS**

## Gas crisis to end under EU watch?

**DISPUTE** European Union monitors arrived at a Russian gas export pipeline yesterday, in what could be the first step towards ending a supply cut-off that has plunged parts of Europe into a mid-winter energy crisis.

But it was unlikely the gas would reach Europe earlier than tomorrow.

Under an agreement brokered by the EU, Moscow

and Kiev promised to restore gas flows once the monitors are in place at strategic locations along the pipeline routes from Russia, through Ukraine, to Europe.

The presence of monitors along the pipeline route is aimed at reassuring Moscow that Ukraine is not siphoning off gas intended for customers in Europe. **REUTERS**



Hyundai's president of research and product development, Lee Hyun-soon, poses in front of the Hyundai Genesis with the award for North American Car of the Year during the North American International Auto Show in Detroit.

## Hyundai takes Detroit's car of the year award

**Hyundai Motor Co. took car of the year award at the Detroit auto show yesterday, marking a major step for the South Korean automaker in its push to produce a more upscale, mass-market vehicle for U.S. consumers.**

The Hyundai Genesis was named the 2009 North American Car of the Year, while Ford Motor Co.'s F-150 was named Truck of

the Year.

The awards, which automakers typically use to market their vehicles, were made by a panel of 50 U.S. and Canadian automotive journalists and presented at the start of the North American International Auto Show. The awards are in its 16th year.

"This is not only a nod to our team, but also a nod to our customers, who keep

pushing us," said Mark Fields, head of Ford's operations in the Americas. **REUTERS**

### Last year's wins

- In 2008, General Motors won car of the year for the Chevrolet Malibu and took both car and truck honours at the 2007 show.

## Satyam acts fast to fix fraud fallout

**SCANDAL** The Indian government installed a new board at Satyam Computer Services Ltd. yesterday as authorities stepped up efforts to limit the damage from a fraud that has become India's biggest corporate scandal.

The three-member board was to meet today to lay out a roadmap for restoring confidence of clients and staff following revelations of accounting fraud.

"Restoring confidence is the main job, the first job we have, apart from restating the accounts," said Housing Development Finance Corp. chairman Deepak Parekh, who was earlier named one of three members on the board.

Also named were Kiran Karnik, formerly of technology lobby group National Association of Software and Service Companies and C. Achutan, a former official of the regulator Securities and Exchange Board of India.

The chairman of the board will be selected by its three members, Corporate Affairs Minister Prem Chand Gupta said. **REUTERS**

## Do you, your brother or sister have Crohn's Disease?

**You are invited to join this Canada-wide research study to help identify the possible causes of Crohn's Disease.**

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- Complete 3 questionnaires
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Principal Investigator: Dr. K. Croitoru

**MOUNT SINAI HOSPITAL**  
Joseph and Wolf Lebovic Health Complex

Funding provided by: Crohn's and Colitis Foundation of Canada

### Business in brief

**POLITICS** Mary Schapiro, picked to head the Securities and Exchange Commission by president-elect Barack Obama, could face a bumpy ride after confirming she was connected to Bernard Madoff's \$50 billion US Ponzi scheme through her

current post at brokerage watchdog Financial Industry Regulatory Authority (FINRA), which is overseen by the SEC. Critics say FINRA should have been closely watching Madoff, who was registered as a broker-dealer entity.

**BAILOUT** GM's chief executive says \$13.4 billion US it has received in U.S. government loans will carry the company through to March, at which time it will review any need for further taxpayer-funded loans. **REUTERS**

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**Ferbey wins TSN Skins Game**

Edmonton's Randy Ferbey defeated Ontario's Glenn Howard in the \$100,000 TSN Skins Game at Casino Rama in Rama, Ont., yesterday. Ferbey's rink will take home \$70,000 for the victory. **METRO NEWS SERVICES**

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# Sports



## Tebow opts to stay in school

Fresh off carrying Florida to its second national championship in three years, Gators quarterback Tim Tebow, left, announced yesterday he will remain in school for his senior season. The 2007 Heisman Trophy winner surprised a large crowd celebrating Florida's 24-14 victory over Oklahoma in the BCS title game on Thursday by saying he will be back in uniform for the Gators next season. Tebow finished third in the Heisman voting this past season. **METRO NEWS SERVICES**

SPORTS@METRONEWS.CA

# Aucoin leads Team White to win

## Eagles down Giants to make it three road winners for the weekend

**LAURENCE HEINEN**  
for Metro Calgary



**THE SKINNY:** For the second year in a row, Adrian Aucoin blasted the hardest shot (102.2 mph) at the Calgary Flames Danone Super Skills Competition. With help from minor hockey players from Southern Alberta, Aucoin led Team White to a 13-10 victory over Team Red.

**THE QUOTE:** "It's been proven before that the hardest shot doesn't score the most goals, but when in doubt put it through the guy," said Aucoin of his approach to his lethal shot with his wooden

stick.

**THE SECOND QUOTE:** "Hopefully maybe I get on the power play with it," said Flames tough guy Andre Roy, who finished second in the hardest-shot competition with a blast of 101.8 mph.

**THE SPEEDSTERS:** Although he bested his time from last year, Matthew Lombardi finished second in the fastest-skater competition to Curtis Glencross, who completed a lap of the Saddledome ice in 13.542 seconds.

**THE SHARP SHOOTER:** Michael Cammalleri hit four targets in five shots to win the

shooting accuracy competition. Iginla and defenceman Adam Pardy also broke all four targets, but it took them eight shots each.

**THE RELAYS:** Team White won the breakaway relay competition 6-5, while Team Red responded with a 2-1 triumph in the puck control relay. Eric Nystrom then beat Dustin Boyd in a head-to-head battle of speed and puck control skills.

**THE CAUSE:** All proceeds from the event, which garnered more than 14,000 in ticket sales, will benefit the Flames Foundation for Life and the NHLPA's Goals & Dreams Fund.



Calgary Flames forward Eric Nystrom whips around the pylons during the puck control event at the annual Calgary Flames skills competition yesterday at the Pengrowth Saddledome

## Hitmen home streak at 17 games

**WHL** The Calgary Hitmen beat the Swift Current Broncos 7-3 Sunday night to extend their franchise record home ice winning streak to 17 games.

The win improved the Hitmen record to a Western Hockey League leading 38-6-1-1.

Joel Broda, in his first home game as a Hitmen, led the scoring attack with four points (1g 4a) while Canada's World Junior Gold Medalist Brett Sonne had a pair of goals for Calgary.

Paul Postma, Michael Stone, Tomas Karpov and Ian Schultz also scored for the Hitmen who overcame deficits of 2-0 and 3-2.

The Hitmen are back in action Thursday night in Cranbrook against the Kootenay Ice before returning home Friday to host the Western Conference leading Vancouver Giants. Friday's game is a 7:00 p.m. start at the Pengrowth Saddledome.

**METRO NEWS SERVICES**

## Ogilvy wins PGA's season opener

**GOLF** Geoff Ogilvy's closest challengers paid tribute to the Australian after he eased to a six-shot victory at the Mercedes-Benz Championship in Kapalua, Hawaii yesterday.

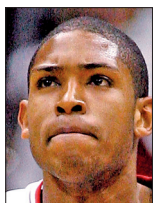
Although overnight pacesetter Ogilvy came close to surrendering a six-stroke lead with a faltering start, he covered the last 10 holes in seven under par to secure his fifth PGA Tour title.

"This is a great course for a guy that hits it like he does," American Davis Love III told reporters after a closing six-under 67 earned him a tie for second place.

**REUTERS**

## Sports in brief

**NHL** The Edmonton Oilers placed right wing Zack Stortini on injured reserve yesterday and recalled centre Ryan Potulny from Springfield of the AHL.

**Al Horford**

**NBA** Atlanta Hawks forward Al Horford missed yesterday's game against the 76ers and will miss the team's next three games with a bone bruise to his right knee. On the season, Horford has averaged 10.8 points and 8.7 rebounds in 33 games.

**METRO NEWS SERVICES**

# Parker leads Steelers over Chargers

**Willie Parker rushed for a game-best 146 yards with two touchdowns on 27 carries as the Pittsburgh Steelers advanced to the AFC title game with a convincing 35-24 victory over the San Diego Chargers in an AFC Divisional matchup from Heinz Field in Pittsburgh yesterday.**

Ben Roethlisberger completed 17-of-26 passes for 181 yards and a score for the Steelers (13-4), who will host the AFC Championship game next Sunday against the Baltimore Ravens at 4:30 p.m.

It will be Pittsburgh's first trip to the contest since January, 2006, when it topped the Broncos in Denver en route to taking home the franchise's fifth Super Bowl. "It's good to move from the field of eight to the field of four in the fashion that we desired to do it," said Steelers coach Mike Tomlin. "I think we played our kind of football today. I think our big people on both sides of the football did a nice job, special teams was an asset. It was a great team effort."

Santonio Holmes returned a punt for a touchdown, while Hines Ward led the receiving corps with 70 yards on four receptions. Heath Miller added a TD catch for the Steelers, who will be hosting the conference title game for the first time since losing 41-27 to the New England Patriots in



Santonio Holmes of the Pittsburgh Steelers fights off defenders to score a touchdown on a 67-yard punt return against the San Diego Chargers during their AFC playoff game yesterday at Heinz Field in Pittsburgh. The Steelers defeated the Chargers 35-24.

## NFL Conference Championship games

Both games play Sunday, Jan. 18

• **NFC:** Philadelphia (11-6-1) at Arizona (11-7), 1 p.m. • **AFC:** Baltimore (13-5) at Pittsburgh (13-4), 4:30 p.m.

January, 2005.

**Eagles 23, Giants 11** — Donovan McNabb threw for a touchdown and rushed for another and the Eagles defence kept the New York Giants out of the end zone, as the defending Super Bowl champions were ousted by rival Philadelphia, 23-11, in a physical NFC Divisional playoff battle.

Windy conditions at the Meadowlands kept both offenses in check, but it was the Philly defense which never broke in a battle of the trenches. Two fourth-down stuffs in the fourth quarter and Asante Samuel's interception of Eli Manning to set up a touchdown has the Eagles one win away from the Super

Bowl.

McNabb connected on 22-of-40 passes for 217 yards with two interceptions for the Eagles (11-6-1), while DeSean Jackson compiled 81 yards on four receptions in the victory.

"This is beautiful," said McNabb, who has led the Eagles to five conference championship games in the past eight seasons. "The city of Philadelphia is buzzing, the team is buzzing. We look forward to going to [Arizona]. It's a little warmer than it is [in New York]."

**METRO NEWS SERVICES**

## Stepanek wins title Down Under

**TENNIS** Radek Stepanek of the Czech Republic upset Spain's Fernando Verdasco 3-6, 6-3, 6-4 yesterday to claim the men's singles title at the inaugural Brisbane International in Australia.

Third seed Verdasco looked to have the edge after winning the first set but Stepanek, who had won his quarter-final and semi-final after being a set down, clawed back to win in three at the Pat Rafter Arena.

**REUTERS****Radek Stepanek**

## Broncos to hire McDaniels: Report

**NFL** The Denver Broncos have reached agreement to name New England offensive coordinator Josh McDaniels their new head coach, ESPN.com is reporting.

McDaniels, 32, replaces Mike Shanahan, who was fired Dec. 30 after 14 years on the job.

**METRO NEWS SERVICES**



# The first step to a healthy weight loss

## Part 3

### The elimination organs and their functions.

Why and how should you cleanse your body?

As we saw earlier, once your organs of elimination are congested, it is very difficult for them to carry out their functions adequately. It is therefore imperative that you ensure their proper functioning through the use of natural means that are suited to our contemporary lifestyles.

A complete cleansing program must include a liver depurative containing depurative medicinal plants.

When you think of how many functions the liver is responsible for, you will understand why it has been nicknamed the "Laboratory of the Human Body".

The liver is also acknowledged as a toxication site that handles all the contaminants that find their way into the food you consume, e.g., preservatives, additives and hormones.

The liver stores good nutriment and rejects toxins.

Furthermore, to eliminate all of these toxins, it is essential to use a natural diuretic because the kidneys are your natural filters. Don't wait until these organs are all clogged up because, if you do, you'll suffer the consequences.

And finally, to complete this cleansing program and revitalize your intestinal flora, you should include a cholagogue to eliminate the old bile and rejected wastes from the bowel.

You will then have a truly complete cleansing program that acts in synergy with your entire body.

I therefore advise everyone who wishes to stay fit to undergo an internal cleansing cure that promotes better food assimilation.

A cleansing cure will allow you to lose some of the bloating and even lose a few pounds!

When should TRIOLAX be used? *To be continued on January 15th...*

Now available, DIGESTOL by Triolax, a new internal cleansing program without laxative for 55+ or people with sensitive intestines



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## 12 sports

# Allen's hot shooting boosts Celtics to win

### NBA RESULTS

Boston 94 | Toronto 88



**NBA** Ray Allen was nearly perfect in his season-high 36-point game, leading the Boston Celtics to a 94-88 victory over the Raptors at Air Canada Centre in Toronto yesterday afternoon.

Allen shot 11-of-14 overall and 8-of-10 from three-point range for the Celtics, who had lost four straight and seven of their last nine after a 19-game winning streak. Rajon Rondo posted 14 points and 11 assists, and Kevin Garnett had 10 points and 11 rebounds in the win.

"12:30 games are tough for us, for most of us not having familiarity with it, but for the most part we got back to some of the things that we wanted to do," Allen said. "(We created) a good flow on offense and that was what was important. Defensively we were better, but we did have slippage at the end of the third and fourth quarter."

Chris Bosh had 15 points and 11 rebounds to lead the Raptors, who had won four of their previous five



Boston Celtics guard Gabe Pruitt is fouled by Toronto Raptors forward Joey Graham, right, during yesterday's NBA game in Toronto. The Celtics beat the Raptors 94-88.

before shooting a dreadful 37.8 percent from the field yesterday.

Andrea Bargnani contributed 17 points and nine rebounds, and Jamario Moon had 15 points in the loss.

Jose Calderon returned from a four-game absence, due to a hamstring injury, to score just six points and dish out three assists in a little under 22 minutes of action. **METRO NEWS SERVICES**

# Oilers squeaks past St. Louis

### NHL ROUNDUP

**NHL** Sam Gagner scored the go-ahead goal in the third period, and added an assist, as the Edmonton Oilers got past the St. Louis Blues, 2-1 last night at the Rexall Place in Edmonton.

Gilbert Brule also scored for Edmonton, which snapped a two-game slide. Dwayne Roloson stopped 21-of-22 shots in the win, the Oilers' fifth consecutive over St. Louis.

Yan Stastny scored the lone goal for the Blues, who had a two-game win streak — during which they totaled 11 goals — ended. Manny Legace made 26 saves in the loss.

**Blackhawks 3, Predators 1** — Nikolai Khabibulin stopped 26-of-27 shots to help the Chicago Blackhawks avoid a home-and-home sweep by downing the Nashville Predators, 3-1, at the United Center.

The Predators won the opener of this series, 4-1, in Nashville on Saturday, picking up their second



Edmonton Oilers goalie Dwayne Roloson pounces on a loose puck against the St. Louis Blues during the third period in Edmonton last night. The Oilers won 2-1.

straight victory on the heels of a five-game losing streak, but yesterday the Blackhawks snapped their two-game slide in kicking off a three-game homestand.

Dustin Byfuglien, Dave Bolland, and Martin Havlat got the goals while Havlat added an assist. Duncan Keith registered two helpers in the win.

**Ducks 4, Devils 3** —

Chris Kunitz scored a pair of goals in the third period, including the eventual game-winner, as Anaheim clipped New Jersey, 4-3, at Honda Center.

Bobby Ryan and Samuel Pahlsson also tallied for the Ducks, who snapped a two-game slide.

Jean-Sebastien Giguere needed just 18 saves for the win, his 12th of the season. **METRO NEWS SERVICES**



**Moncton hospital set to become university teaching centre**

New Brunswick's health minister says the Dr. Georges L. Dumont Regional Hospital, located in Moncton, is slated to become a university teaching centre, under which the hospital could access new funding and attract doctors and researchers. **METRO NEWS SERVICES**

# Workology

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

## Plea for colleges

Last month, Association of Canadian Community Colleges president James Knight wrote a letter addressed to all federal MPs urging the government to include the nation's colleges in its infrastructure plan. Knight says investment in college infrastructure is a "winning combination both ways," as it will address the shortage of classroom facilities and create jobs. **METRO NEWS SERVICES**

## One-in-five plan job change in 2009

**EMPLOYMENT** Even with slower hiring predicted for 2009, 19 per cent of workers say finding a new job is on their list of New Year's resolutions and the same amount say they actually plan to leave their current job before the end of the year, according to CareerBuilder.com's latest survey. Additionally, six-in-10 workers say the economy and the tightening job market are not making them hold off on their plans to change jobs.

Workers cited a variety of reasons for wanting to leave their jobs in the new year, with the most workers, 49 per cent, reporting that better pay and/or career advancement opportunities are the primary reasons they plan to leave their current positions.

Fourteen per cent are looking for an environment where they feel more appreciated and 10 per cent want to work for a company that is making a difference. Seven per cent of workers are electing to change careers entirely, while three per cent say they are leaving their jobs because they want more flexibility or plan to go back to school. Looking at key factors that influence job satisfaction and company loyalty, workers reported the following:

**PAY:** A quarter of workers are dissatisfied or very dissatisfied with their pay.

**CAREER ADVANCEMENT:** Twenty-six per cent of workers are dissatisfied or very dissatisfied with the career advancement opportunities provided by their current employers.

**WORK/LIFE BALANCE:** Eighteen per cent of workers are dissatisfied with work/life balance and 54 per cent report their workloads have increased over the last six months.

**TRAINING/LEARNING:** Twenty-three per cent of workers are dissatisfied or very dissatisfied with training and learning opportunities provided by their current employers.

**METRO NEWS SERVICES**

# Hey you! Lets plan a fight

## OddJobs

**Diane Peters**



The first fight Simon Fon ever designed got him a standing ovation.

He'd just graduated from the theatre program at York University and was doing the Dream in High Park in Toronto. He and veteran actor Philip Aiken were to fight using shields and Japanese staffs, but there was no choreography.

The two worked for hours on it, and the cast stood up and applauded when they did it for the first time. Fon now had a new passion besides acting.

Using the skills he'd learned in stage combat classes in school, plus the athleticism that had him trying sports as diverse as hockey and fencing, Fon started fight directing for small plays, often convinc-



Simon Fon discovered his passion, planning fights, after he graduated from university.

ing the director he was needed and working for little to no money.

Over time, he got more and more work — especially when directors saw that a properly choreographed fight was a lot more interesting. He eventually got film and TV work, where he did fight directing, stunt work and acting, usually of highly physical roles.

When he works on a movie, TV show or play, he usually meets with the director first to find out what he or she wants from the fight: how long it should be, what weapons the actors will use and how rough it should get.

On his own, he comes up with a basic fight that fits those requirements. Then he meets with the perform-

ers. "You really do have to get inside the actors' heads," he says. Using mainly their ideas — he often leaves his own notes sitting on the corner of the stage — they develop the fight in slow motion.

Once they've got most of the fight, he videotapes it, which they use to refine the movements and remember the choreography. On average, he takes about 20 hours to develop and perfect a two-minute stage fight.

Two years ago, Fon got together with eight other colleagues — a collection of fight directors, filmmakers and other professionals — to create Riot Act. This group offers fight directing services for theatre and film (the company is doing numerous shows at the Stratford Shakespeare Festival next summer) and also makes its own short films, which they've started winning awards for.

When he's not working or teaching stage combat at

George Brown College, Fon is keeping fit. He cycles, does gymnastics, practises martial arts (he's got a black belt in Woo Gar Mo Sut) and develops fights with his colleagues from Riot Act. "Now that I'm 41, I have to keep myself in shape, otherwise I won't be able to perform at my best or keep up with my students."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

## The Lowdown

**Job title:** Fight director

**Salary:** About \$400 for theatre, \$600 and more a day for film and TV

**Education:** Skills in some form of combat, plus an understanding of acting

**Best part of the job:** "Seeing the moments work."

**Worst part of the job:** "Waiting to get the green light on projects."

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Don't miss Curtain Call, Metro's exclusive feature series in the Workology section. In the realm of death there are some interesting, lucrative and mysterious career opportunities; we will be digging up the stories for you, so check out Metronews.ca/work exclusively throughout January.

# Be wary of the 'CSI effect'

## Curtain Call

RAFAEL BRUSLOW  
for Metro Canada



**CSI aficionados beware: Real studies and careers in forensics are nothing like the TV show.**

Contrary to the break-neck pace of results gathering and analysis of crime scenes portrayed in shows like CSI: Miami and CSI: NY, real forensic sci-

**"The first thing we tell students is that (forensic science) is not like CSI at all."**

Dr. Martin Evison  
director of U of T's forensic science program

ence takes a great deal of patience and labour-intensive work.

Dr. Martin Evison, director of the University of Toronto's forensic science program, says the "CSI effect" — the instantaneous, logic-defying results portrayed on shows

like CSI — can give many people the wrong idea of what forensics is really like.

"The first thing we tell students is that (forensic science) is not like CSI at all. A lot of it is very mechanistic, routine and laborious. However there is a reward at the end of the day — if you do it thoroughly and professionally, a forensic scientist can contribute to solving some quite serious crimes," Evison said.

He says the biggest exaggerations shows like CSI make are the speed at which analysis happens, the types of methods available and the exactness of the end results.

"It never happens at the touch of a button and a lot of what you see (on television) is science fantasy. The results can be rather more ambiguous than you can get from CSI," he said.

The "CSI effect" is so pronounced, Evison says, that it influenced the University of Toronto's own admission policies. Students cannot enter the forensic science program directly from high school



University of Toronto's Dr. Martin Evison says forensics can be a highly rewarding field when matched to the right type of person.

— they have to apply formally to the program after at least one year of post-secondary studies. Evison says the process is necessary to make sure that only people with an interest in real forensics rather than flashy TV theatrics get in.

"We try to guarantee that we admit those kinds of students who are academically good and have the right level of interest and maturity," Evison said.

Evison says the "CSI effect" has also had a direct influence on the way evidence is presented in the

courtroom. "If there is a phenomenon that typifies the way policing is changing it's a move away from eyewitness evidence and confessions and more towards physical evidence, which science is expected to provide," Evison said.

While U of T is the only major medical university in Canada to offer a forensic science program, several undergraduate universities offer similar programs, including the University of Windsor and Trent University in Ontario and St. Mary's University in Nova Scotia.

Evison says forensics

can be a highly rewarding field when matched to the right type of person.

"Forensic science suits problem-solving and patient personalities, people who are willing to do the meticulous work until they find something that hopefully contributes to solving a crime. You're not going to be paid the same salary as the actors on CSI, but you will do socially useful work," Evison said.



For more of the Curtain Call exclusive series stop by Metronews.ca/work

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## Daily suffering, all part of the job

### Curtain Call

JON TATTRIE  
for Metro Canada



**Death is a terrifying raider for most of us, stealing lives out of the blue, but it's a close colleague for hospital chaplains. From breast-cancer patients dying peacefully as a music therapist plays the harp in a palliative-care unit to the frantic and often futile effort to save lives in intensive care, the end of life is a daily business for people like Buffy Harper.**

The staff chaplain at the Queen Elizabeth II Health Sciences Centre in Halifax says her training in theology, philosophy, sociology and psychology helps her gain an important perspective on death.

"We have the training to maybe understand death and dying a little differently than some-

body who is just hitting it," Harper says. "There's the acceptance that death is a part of life, though that doesn't make it any easier."

A key part of the job is empathetic listening, mixed with a strong dose of professionalism. "We hear (the suffering) and we feel it, but you know, it's not my mother or my father who's dying," she says. That steady, calm presence can be crucial for the family. "They don't need me to be crying with them."

Harper says the deaths that hit chaplains hard are ones that touch on something raw and familiar in them. Peer support is critical and the chaplains she works with use group prayer, yoga, meditation, tai chi or just talking with each other to get through the rough days. Spiritual strength plays a big role, too.

"It's not just me doing this: I have faith behind what I do."

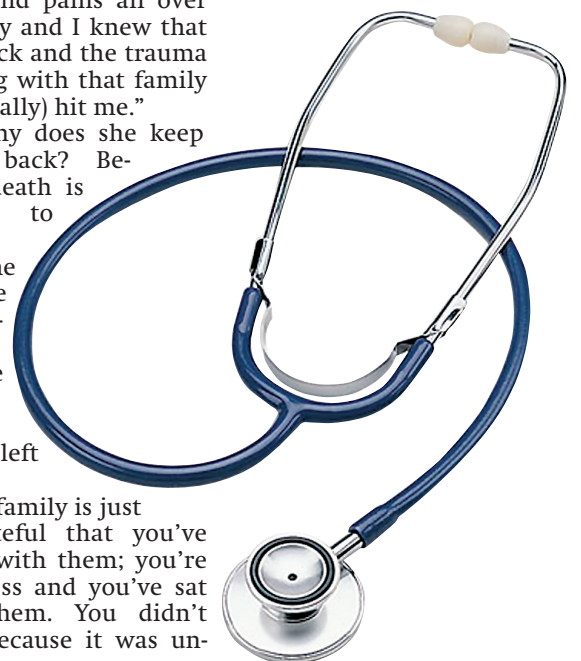
You can't be in the middle of all that suffering and not take your blows. Harper vividly recalls a teenage girl committing suicide. She stayed with the family all night as the medical team tried to save her.

"Two days later, I had aches and pains all over my body and I knew that the shock and the trauma of being with that family (had finally) hit me."

So why does she keep going back? Because death is going to happen and she can ease the suffering of those dying and those left behind.

"The family is just so grateful that you've stayed with them; you're a witness and you've sat with them. You didn't leave because it was un-

comfortable," she says. "It happens to people every day. We see it, we know it's not as traumatic as you tend to think when you only see it once or twice in your life. There is a sense of peace around it. It's not the enemy."





**High School Musical star ties the knot**  
High School Musical star KayCee Stroh married boyfriend Ben Higginson in a private Mormon ceremony at the Salt Lake Temple on Friday in Salt Lake City, Utah. **PEOPLE.COM**

Entertainment

**Fergie weds**  
Black Eyed Peas singer Fergie, left, and actor Josh Duhamel were married Saturday at the Church Estates Vineyards in Malibu, Calif.  
**PEOPLE.COM**

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

# Slumdog hits awards jackpot

The late Heath Ledger in his villainous role as the Joker in the Batman movie The Dark Knight won a Golden Globe award yesterday for Best Supporting Actor.

The award for Ledger, who died of an accidental drug overdose last year, was accepted by Dark Knight director Christopher Nolan, who said the loss of Ledger was like “a hole ripped in modern cinema.” “All of us who worked with Heath accept this with an awful mixture of sadness but incredible pride,” Nolan said. “He will be eternally

missed, but he will never be forgotten.” The night’s other big winner was rags-to-riches tale Slumdog Millionaire, which won four of the coveted awards including Best Film Drama to give it a leg up in Hollywood’s race for the Oscars. In other major honours, director Woody Allen’s Vicky

Cristina Barcelona was named Best Film Musical or Comedy. Kate Winslet grabbed two Golden Globes, one for Best Actress in a Drama for her role as a frustrated housewife in Revolutionary Road, and the second for Best Supporting Actress for playing a German woman with a hidden past in The Reader. Mickey Rourke, meanwhile, was named Best Actor in a Film Drama with The Wrestler. Colin Farrell won Best Actor in a Musical or Comedy with his role as a hitman in In Bruges, and Sally Hawkins was Best Actress in the same group for her work as an optimistic teacher in Happy-Go-Lucky.

Winners

MOTION PICTURES:

- BEST DRAMA: Slumdog Millionaire
- BEST COMEDY OR MUSICAL: Vicky Cristina Barcelona
- BEST ACTRESS DRAMA: Kate Winslet, Revolutionary Road
- BEST ACTOR DRAMA: Mickey Rourke, The Wrestler

TELEVISION:

- BEST DRAMA: Mad Men
- BEST COMEDY: 30 Rock
- BEST ACTOR DRAMA: Gabriel Byrne, In Treatment
- BEST ACTRESS DRAMA: Anna Paquin, True Blood

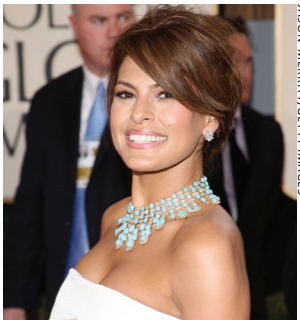
For more red carpet photos and a complete list of Golden Globe winners, visit [metronews.ca/entertainment](http://metronews.ca/entertainment)



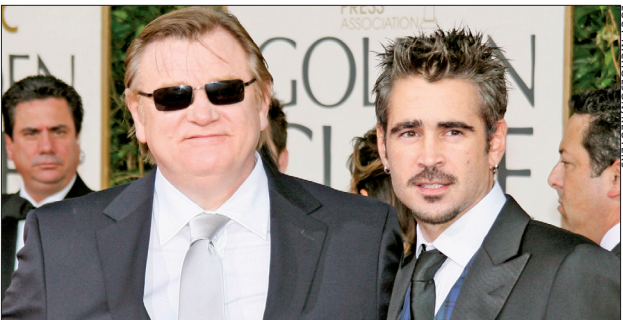
The late Heath Ledger won a Golden Globe yesterday for his turn as the Joker in The Dark Knight.



Presenter Drew Barrymore.



Presenter Eva Mendes.



Award nominee Brendan Gleeson, left, and winner Colin Farrell.



Award nominees Brad Pitt and Angelina Jolie.

# Undead a horror show, indeed

The Unborn

Director: David Goyer

Stars: Odette Yustman, Gary Oldman

Classification: 14A

Rating:

PHIL BROWN  
for Metro Canada

All the trailers claiming The Unborn is the latest film by “the writer of the Dark Knight” is false advertising. Writer and director David Goyer only co-authored a Joker-related outline with Christopher Nolan years before Nolan wrote the script. The ads for The Unborn should say “from the director of Blade 3” because that far more accurately foreshadow the movie’s ridiculous dialogue, amateurish acting and cliché-ridden, convoluted storytelling. Odette Yustman stars as a young woman haunted by

the ghost of her twin brother, who’s desperate to break into our world. It’s not a terrible set up, but after the opening scenes the plot gets so strained and confusing that everything from Nazism to possessed dogs end up tied into the haunting. While the dialogue is impossible to deliver truthfully, the cast still manages to make it worse. Yustman shows why she was hired via a variety of scenes in which she’s lovingly photographed in her underwear, but she stumbles every time she tries to emote. The only person in the movie who can act is Gary Oldman, though he’s visibly bored. It’s the low point of his career. This is Goyer’s first straight horror film and he is obviously a fan of the genre because he steals from older and better horror movies in practically



Odette Yustman in The Unborn.

every scene. Hopefully he ripped off all the horror movies he

liked this time and has nothing left to “inspire” another outing in the genre.

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Actors Gael Garcia Bernal and Dolores Fonzi welcomed their first child together Thursday in Madrid, his rep confirmed to E! News. The couple has not announced the baby boy's name. **METRO NEWS SERVICES**

**Gael Garcia Bernal's a daddy**

## Winnie-the-Pooh makes a comeback

The first official sequel to the original Winnie-the-Pooh books will appear in October, its publishers have said, more than 80 years after the honey-loving bear first appeared in print.

Return to the Hundred Acre Wood is the follow up to A.A. Milne's Winnie-the-Pooh and The House At Pooh Corner, which were famously illustrated by E.H. Shepard.

The new book, published by Egmont Publishing in Britain and Penguin imprint Dutton Children's Books in the United States, will be written by David Benedictus, who produced an audio adaptation of Winnie-the-Pooh starring actress Judi Dench.

Mark Burgess, who has already drawn classic children's characters including Paddington Bear and Winnie-the-Pooh, is to provide



An original drawing of Winnie-the-Pooh by E.H. Shepard.

the illustrations. Return to the Hundred Acre Wood will hit shelves on Oct. 5.

"We have been hoping for a good many years that we might one day be able to offer the world a sequel which would do justice to the original Winnie-the-Pooh stories," said Michael Brown on behalf of the trustees of Pooh Properties, which manages the affairs of the Milne and Shepard

estates. "The original books were one of the greatest celebrations of childhood in any language, but we believe that David Benedictus and Mark Burgess have captured the spirit and quality of those original books." A collection of Shepard's drawings for the Pooh books fetched around \$2 million US at auction in London last month. **REUTERS**

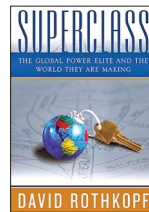
## Disney will apply to build a park in Shanghai

**GLOBAL EXPANSION** Walt Disney Co. intends to submit a plan for a Shanghai theme park to Chinese government officials, but a Disney

spokesman declined to comment on when the plan might be submitted or approved. The park would be Disney's second resort in

China. A report in the Shanghai Securities News said the plan calls for Shanghai Disneyland to open in 2013. **REUTERS**

## On the trail of the Superclass

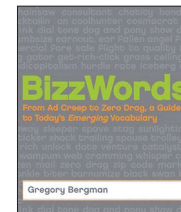


### Superclass

**Author:** David Rothkopf

**Publisher:** Viking Canada

**Price:** \$34.00 (Hardcover)

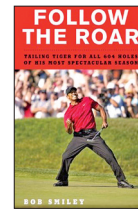


### BizzWords

**Author:** Gregory Bergman

**Publisher:** Adams Media

**Price:** \$10.99 (Paperback)



### Follow the Roar

**Author:** Bob Smiley

**Publisher:** HarperCollins

**Price:** \$27.95 (Hardcover)

David Rothkopf, a political writer and former Clinton administration staffer identifies something that 6,000 of the world's citizens have in common: They're members of a superclass.

This exhaustive account uses original reporting to demonstrate that individuals who wield top-tier power in spheres ranging from government and business through religion and crime tend to share personal connections, location and class background. Rothkopf not only pinpoints how one gains entry into the superclass, but also what consequences its existence may have for the rest of us.

Don't you hate it when you put skin in the game, only to find you've been pump and dumped by some dirty-white-collar marzipan layer?

The folks around your company's water cooler may not string together such phrases, but BizzWords can still help simplify the semantics of the business world for you and other jargon-benighted folks. Author Gregory Bergman, associate editor of financial periodical Equities Magazine, provides definitions as well as history and usage for those terms he feels are essential for today's gunslingers, dot snots and cosmocrats.

Throughout 2008, ESPN.com golf columnist Bob Smiley followed Tiger Woods doggedly around the world, dead set on witnessing every one of the 604 holes that his quarry would play over the entire season.

Smiley was determined to gain a better understanding of Woods the athlete and the man — and to find a bit of personal inspiration along the way. But in order to observe how Woods braved the forces of nature and humanity during what was to be the golfer's most thrilling season, Smiley himself had to make it through all manner of obstacles and adventures.

**BRIAN COULTON/  
FOR METRO CANADA**

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Co-star couple

Actor Michael C. Hall has wed Jennifer Carpenter, who plays his sister on the Showtime series Dexter. The couple eloped in California on New Year's Eve. [USMAGAZINE.COM](#)



# Man survives 24 marathon

## IntelVision



**ALL NIGHT LONG:** The event runners watching the security monitors at Yorkdale shopping mall earlier this week had a running bet that Ryan Grech, a 23-year-old from Mississauga, Ont., who confessed to me that "I don't really watch TV that much, to be honest," wouldn't last the first two days of the 24 marathon.

Global's publicity stunt for the return of 24 to the air after a year and a half was inspired — a challenge where nine fans of the show had to stay glued to all six seasons of the show for as long as they could stay awake. Whoever remained alert after 70 hours would break a Guinness record for continuous TV viewing — a record that got extended by an hour last week when someone in Baltimore managed to break the existing record by an

hour.

"As I started I didn't think I was going to last," Grech told me yesterday, after breaking the new record by a further hour on Friday and winning \$24,000, a Sharp Blu-ray player, two LCD TVs and the La-Z-Boy chair he was sitting in. "24 hours felt so far away that I didn't think I would make it. I wasn't one of the favourites, that's for sure, but I was able to conserve my energy."

"I had a game plan from the beginning. I looked at the food that they were serving and I'd say 'Well, if I eat this I'm going to have to use the washroom.' I pretty much just shut down my body for three days, and ate a lot of fruits and vegetables and a lot of water. As the competition went on I knew I got stronger."

The continuing adventures of Jack Bauer, which returned to the air last night with the first half of a 4-hour premiere full of the usual conspiracies, catastrophes and character U-turns, is the only show Grech says he watches. The marathon seemed like "a great opportunity to start the year off



The continuing adventures of Jack Bauer returned to the air last night with the first half of a four-hour premiere full of the usual conspiracies and catastrophes. The second half airs tonight.

well," said Grech, while he waits for an opening at a fire department in Ontario. "24 was just a show that something caught me very early on," he says. "I set that hour to watch every week,

but other than that I'm pretty active — I go out a lot, I play sports."

Rick McGinnis writes about music, movies, books and television, but not opera.

# Eighth round for Idol

**American Idol returns for its eighth season tomorrow night with a new judge, a better showcase for talented singers and a wary eye on its status as America's most-watched television show.**

The five-month search for a new star kicks off with a two-night, four-hour premiere featuring the familiar blend of hundreds of hopeful, and sometimes hopeless, contestants auditioning in cities across the nation.

But producers have tweaked the formula to keep viewers tuning in en masse after last year, when the numbers of American Idol faithful slipped to about 28.1 million per episode from an average 30.8 million in 2006.

The 2009 season adds a fourth judge — songwriter and producer Kara DioGuardi — gives more broadcast time to the popular Hollywood round, where promising contestants show off their skills, and brings back the "wild card" round for a place in the coveted final 12.

Executive producer Ken Warwick has told journalists the changes had been



American Idol has produced bonafide stars like Carrie Underwood.

made "to make it more interesting," but denied that the show's makers were in a panic over lower ratings.

Since its inception in 2002 on the Fox network, American Idol has produced bonafide stars like Kelly Clarkson and Carrie Underwood through a viewer-driven voting format that has been adopted by many other TV shows.

The program and its singers are followed around the world — either live or in taped broadcasts — in 100 nations, and the show has even inspired a Walt Disney World theme park attraction due to open in Florida in February.

REUTERS

## In brief

**COURTS** Fugitive filmmaker Roman Polanski lost his bid to disqualify the Los Angeles County court system from considering his motion to dismiss a 30-year-old charge of unlawful sex with a minor.

**STRIKE** Moderate board members of Hollywood's deeply splintered Screen Actors Guild are expected to try this week to oust a contract negotiating team they see as too militant and cancel a strike authorization vote in stalled labour talks with major studios. **REUTERS**

## GlobalStyle

### Kenya Hunt

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/12/09	267	351	- ACCESS	Truth, Duty, Valour	Smallville		Gossip Girl (HDTV) (N)		Smallville		Help TV
	243	317	3 CFCN	etalk	Hollywood	CSI: Miami "Head Case"	Big Bang Th	Two/Half Men	Two/Half Men	Corner Gas (N)	News (N)
	-	-	4 OMNI	2Half Men	The Simpsons	News	News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Bachelor (N)		Samantha Who	True Beauty
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Being Erica (HDTV) (N)		CBC News: The National	The Hour
	244	338	7 CICT	ET Canada	Entertainment	Captain Cook: Obsession		24 (HDTV PA) (N)			News Hour
	246	-	8 CKAL	Law & Order: SVU		True Beauty (N)		The Bachelor (N)		Less-Kind	Your City
	119	705	9 CBXFT	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)	Les Boys (SC)	Tout sur moi		Le Téléjournal et Les Nou	TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming	
	-	372	12 KREM	News (N)	Hollywood	The Doctors	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (N)
pretime	-	374	14 KSPS	NewsHour With Jim Lehrer	'Allo, 'Allo!	Chronicles	Antiques Roadshow (N)		The Story of India (N)		India
	502	390	15 CBC	CBC News: The National	President's Guide-Science	Jeopardy! (N)	CBC News: The National		CBC News: The National		Guide, Science
	-	370	16 KHQ	News (N)	Be-Millionaire	Wheel-Fortune	Superstars of Dance	The dance competition continues.			Momma's Boys
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	24 (HDTV PA) (N)			News (N)
	297	652	37 WPIX	One Tree Hill (HDTV) (N)		PIX News at Ten Tong.	Two/Half Men	Friends	Sex and-City	According-Jim	BABY READ
	500	500	29 CNN	Larry King Live	Anderson Cooper 360 (HDTV)		Showbiz Tonight		Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace				Lou Dobbs Tonight		Nancy Grace
	400	400	21 TSN	NBA Basketball	SportsCentre (HDTV) (Live)		Off the Record		Heads-Up Poker Champ.		Rodeo: PRCA
	408	418	27 net	World Cup Skiing FIS Alpine.	World Combat League		Hockey Central	UFC Primetime	Sportsnet Connected		Prime Time
	410	403	30 SCORE	(7:15) WWE Monday Night Raw			(9:15) Score Tonight		WWE Monday Night Raw		
news	411	457	44 OLN	Mantracker	Bounty Hunter	Dakar Rally	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	My Classic Car	My Classic Car	Barrett-Jackson	Car Crazy	Pass Time	SuperCars	SuperCars	My Classic Car
	552	543	20 YTV	Drake & Josh	iCarly	Scorpion	Malcolm-Mid.	Futurama	Prank Patrol	Zixx Level	Falcon Beach
	557	541	39 FAM	Zoeys 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	CMT Star	CMT Star	Home Improve.	Home Improve.
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	El News	Momma's Boys (N)		The Soup	How I Met	Engagement	Worst Week
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	How Clean	Kim	Love It or List It	Save Us-House
sports	521	560	24 TLC	Jon & Kate	Jon & Kate	Jon & Kate Plus 8		Little People	Little People	Jon & Kate	Jon & Kate
	603	561	25 FOOD	Food Detective	Road Tasted	Hell's Kitchen		Chef School	Chef School	Challenge Birthday cake.	Food Detective
	615	520	26 A&E	Intervention (HDTV) (N)	Intervention "Pam"		Paranormal State (HDTV)		Intervention "Phillip"		Intervention
	617	522	32 SHOW	Wife Swap	The Outer Limits		Kink in Hair	Kink in Hair	Kenny-Spenny	Rent-A-Goalie	Name Is Earl
	601	562	33 SLICE	Tabatha's Salon Takeover	Tim Gunn's Guide to Style		ET Canada	Matchmaker	Tim Gunn's Guide to Style		Trading Sp
	-	633	34 ENC2	(6:30) Excalibur *** (1981, Fantasy)	Nicol Williamson.		Dragonheart ** (1996, Fantasy)		(10:45) Ladyhawke (1985)		
	520	505	35 DISC	Dirty Jobs	Vermintors		Daily Planet		Dirty Jobs		Vermintors
	620	523	36 BRAVO	Soweto Gospel Choir			Law & Order "White Lie"		Without a Trace		Twin Falls ID
	294	650	40 WPCH	(6) Lethal Weapon 2 (1989, Action)		Seinfeld	Family Guy	Family Guy	On Deadly Ground ** (1994, Action)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce			The Simpsons	South Park	Mike Birbiglia
family	-	539	42 TCM	(6) No Greater Glory (1934)		The Four Feathers *** (1939, Adventure)	John Clements.		The Red Badge of Courage		Sergeant York
	628	584	43 SPIKE	Resident Evil * (2002, Horror)	Milla Jovovich, Eric Mabius.		MANswers	MANswers	CSI: NY (HDTV)		Disorderly
	522	516	45 HIST	Escape From Auschwitz	NCIS "Singed Out"		Battle 360		Escape From Auschwitz		NCIS
	627	528	46 SPACE	The Dresden Files	Ghost Hunters		Stargate SG-1		Star Trek: Next Gener.		Deep Space 9
	-	-	47 AMC	(6) October Sky (1999, Docudrama)		The Hi-Lo Country ** (1998, Western)	Woody Harrelson, Patricia Arquette.				Return to Me
	619	525	49 TROP	What Happen?	What Happen?	TV Made, Do It	News Show	Tube Tales	What Happen?	Make or Break	TV Made, Do It
	600	564	50 HGTV	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes on Homes		Property Virgin	Income Prop.
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks
	526	507	92 VIVA	The West Wing		Truth, Duty, Valour		Mediums	In Dreams	Judging Amy	
cable variety	269	350	93 APTN	MYTV	The Mix	La Voix Mechif	Dancing-Spirit	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar	
	571	581	100 MMM	Where You At	Back In	Don't Forget the Lyrics!		Don't Forget the Lyrics!		Party of Five "The Baby"	Don't Forget
	570	580	101 MM	MuchTopTens		MuchNews	The NewMusic	MuchVibe		So You Think You Can Dance	
	581	566	102 MTV	Bromance		The City	After	MTV Live	MTV News	Bromance	The City

## critics' corner

### Sophie

It's a compliment when so many people trust you to keep their secrets, isn't it? Tell that to Sophie, who realizes that she's carrying around a full vault of secrets told to her by various people. And it's getting more and more difficult to keep straight who told her what and whom not to tell what in the new episode "An Outing With Sophie." 8:30 PM on CBRT



### Little Mosque on the Prairie

In this new episode, Amaar (Zaib Shaikh) makes a new friend: reporter Nate Shore. They get along famously, but a series of unfortunate events — all innocent misunderstandings — lands them both in jail. Carlo Rota and Sheila McCarthy also star in "True Bromance." 8 PM on CBRT

### Being Erica

Erica has a university education, but she can't seem to get anything resembling a career off the ground. Maybe she needed to make some better contacts in school. To test that theory, she time-travels back to her university days to join an exclusive secret society in hopes of getting a better start in the new episode "What I Am Is What I Am." 9 PM on CBRT





Pink and Carey Hart may have split in February — but they seemed very much together last week, usmagazine reports. The website says a source spotted the pair smooching on New Year's Eve — and says they spent the entire weekend together. **METRO NEWS SERVICES**

## Celebrity Buzz

# Craig is down to earth, says Schreiber

**CAREER** Liev Schreiber and Daniel Craig got “really silly” on the set of new movie *Defiance*, femalefirst.co.uk reports.

Liev admits he was surprised by how down to earth Daniel was, adding the pair — who play Jewish brothers who take refuge in the forest to escape the Nazis during the Second World War — became the best of friends during filming.

He said: “I was really impressed that Daniel Craig was this major motion picture star who didn’t go to his trailer in between

takes. I’m accustomed to that with A-list actors. They go to their trailer and then we all wait for them to come out. But Daniel didn’t. He sat with us and told stories and we had snowball fights and we Jewish brothers who bonded. Actually we got really silly. We spent a lot of time being silly.”

The 41-year-old actor also revealed the

pair bonded over vodka, as consuming vast amounts of the potent alcoholic beverage was the only way they could stay warm while filming in Lithuania

**METRO NEWS SERVICES**



GETTY IMAGES PHOTOS

# Allen criticizes label’s lodging

**PEOPLE** British pop star Lily Allen has hit out at her record label for failing to make her trips abroad luxurious enough, femalefirst.co.uk reports.

The Smile singer claims she only made \$72,500 US from her debut album, 2006’s *Alright, Still*, despite the LP going on to sell nearly two million copies worldwide.

And Allen claims she is forced to stay in sub-standard accommodation while she is abroad promoting her music, because executives at Emi Records refuse to pay for her to stay in expensive hotels, the website adds.

“Twenty years ago, I’d

have been booked in at the Ritz with five grams of cocaine on my table and 10 bunches of flowers. Some new clothes. A chauffeur on 24-hour call. Now I’m lucky to get an Oyster card (London public transport travel ticket),” the website quotes her as saying.

“I ask for a hotel in Paris and I get a two-star place in the eighth arrondissement on my own. I’m like ‘Do you want me to get raped and killed?’ I’m not being snobby. But if I have to go away for work, why can’t it be nice for me when it’s making them money?”

**METRO NEWS SERVICES**



# Lohan upset over film roles

**CAREER** Lindsay Lohan is annoyed she doesn’t win as many film roles as Scarlett Johansson — because she is convinced she works just as hard as the *Lost in Translation* star, femalefirst.co.uk reports.

Lohan fears she isn’t taken seriously by filmmakers because the last few turbulent years of her life — in which she was arrested for drink driving and spent time in rehab — tarnished her reputation as a serious actress, the website says.

And the 22-year-old is still struggling to shake her party girl image because she is constantly in the media spotlight. But the star remains adamant she is hard-working and deserving of as many acting roles as the other actresses of her generation.

**METRO NEWS SERVICES**



# Paris disputes her promiscuous image

**PEOPLE** For everyone who thinks the name Paris Hilton is synonymous with promiscuous, well, think again, says the heiress, intouchweekly.com reports.

“I’ve only ever done it with a couple of people,” Paris tells U.K. *Glamour*. “People make up stories, but mostly I just kiss.”

In fact, it seems Paris is a Rules girl when

it comes down to it, adds the website. “I think it’s important to play hard to get,” she advises. “Nobody wants the fake Prada bag — they want the brand-new bag that no one can get and is the most expensive. If you give it up to a guy, he won’t respect you. He’ll want you much more if he can’t have you.”

**METRO NEWS SERVICES**



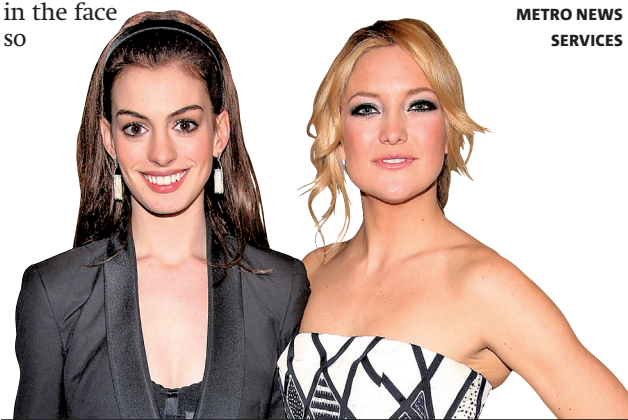
# Kate accidentally whacked ‘Annie’

**FILMING** During the filming of their big fight scene in *Bride Wars*, it seems Kate Hudson and Anne Hathaway got a little carried away, intouchweekly.com reports.

“We were really tired, and I had this big rock on my finger. I whacked Annie in the face so

hard,” Kate admitted on the *Rachael Ray* show last week. “She was like, ‘No, no, keep going’ because she was so into it. Two hours later, she’s sitting in the back of a car with an ice pack on her face. I was so bad. I really clocked her.”

**METRO NEWS SERVICES**



# Burke happy for Dancing co-stars

**RELATIONSHIPS** Brooke Burke was among those not surprised by the engagement of *Dancing With the Stars*’ Karina Smirnoff and Maksim Chmerkovskiy, people.com reports.

“You could see the chemistry,” Burke, 37, *Dancing*’s Season 7 champ, told the magazine in Las Vegas Friday night. “I’m really happy for them and I hope it works out.”

The two professional dancers became engaged in Las Vegas at Wynn Las Vegas on New Year’s Eve.

**METRO NEWS SERVICES**



# Marsden likes wife to dress up

**PEOPLE** James Marsden likes his wife to dress up as Snow White, femalefirst.co.uk reports.

The *Sex Drive* star has revealed that his wife of eight years — actress Lisa Linde — looks like the Disney character Snow White and even owns the costume.

He told *Arena* magazine: “Actually, if you look at my wife, and if she put that outfit on — I’m not saying we do that to spice things up — but she looks a lot like her.”

**METRO NEWS SERVICES**



# Cruise likes challenging roles

**CAREER** Tom Cruise always wants to challenge himself with the roles he takes on, femalefirst.co.uk reports.

The 46-year-old actor — who plays Colonel Claus von Stauffenberg in new movie *Valkyrie*, which tells the story about a plot to kill Adolf Hitler — always aims to take on parts which push his acting ability.

The website quotes Cruise as saying, “The colonel was a very different character for me to portray but I’ve always taken on challenging roles. I am

always looking for a good movie and I have always wanted to challenge myself. I just want to keep growing as an artist and I don’t think that has ever changed.”

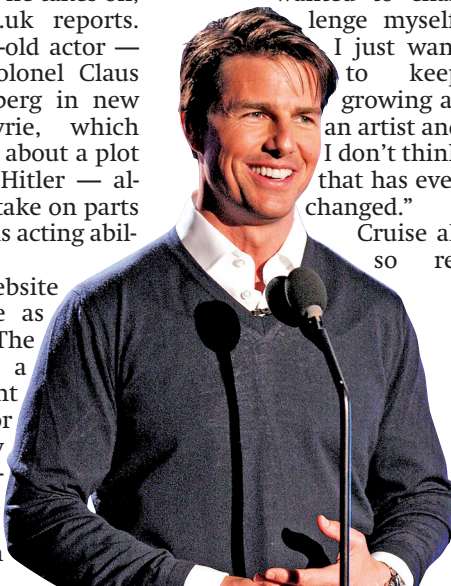
Cruise also re-

vealed he wasn’t put off starring in the film by its controversial subject matter, femalefirst.co.uk adds.

Cruise added: “There was a lot of controversy but it kind of got blown out of proportion. Making the film was an intense experience. I didn’t know a lot about the story beforehand and I didn’t know the level of what this man, and all the men and their families, went through, so you naturally feel that kind of pressure.”

“I felt a great responsibility to make sure we had the spirit of the Resistance in this piece and that we were as accurate as possible.”

**METRO NEWS SERVICES**





Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

Take Five

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19			20				
			21			22		23				
24	25	26					27		28		29	30
31				32				33		34		
35			36		37				38			
		39		40		41						
42	43				44		45			46	47	48
49						50			51			
52					53				54			
55					56				57			

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2		5	4			
		8	3			6		
			7				9	8
		9	6			1		3
	3						6	
8		5			1	4		
1	8				3			
		3			6	7		
			9	7		2		

- Crossword across
- 1 Highway

5 Wrestling surface

8 Ego

12 Harvard rival

13 — Khan

14 Nastase of tennis fame

15 And others (Latin)

16 Insisted on

18 Cunning

20 Do relief work

21 Low card

23 Links standard

24 Bearing

28 Carvey or Delany

31 Eggs

32 Tea variety
- 34 “— Juan”

35 Stroll

37 Narrow-necked bottle

39 Party bowlful

41 Challenge

42 Weakness of a sort

45 Irritate

49 Obama, for one

51 Thailand, once

52 Needing a tiebreaker

53 Square root of IX

54 Opposed to

55 Infamous emperor

56 Joan of —

57 Encounter

- Crossword down
- 1 Pumpernickels’ kin

2 Inauguration recitation

3 Winged

4 Take out of context?

5 Put into a frenzy

6 Time of your life?

7 Domesticate

8 Mythical sailor

9 Site of fabulous wealth

10 False statements

11 Govt. agents

17 Intensify, with “up”

19 Gift concealer

22 Joined, as oxen

24 Wall Street name

25 Gabor or Peron
- 26 Seasickness

27 Conducive to courtship

29 Japanese drama

30 — Arbor, Mich.

33 Green land

36 What an obi accessorizes

38 Ship’ s castoff

40 Snapshot

42 Mideast gulf

43 Actress Campbell

44 La Scala solo

46 Fork feature

47 Tardy

48 Send forth

50 Atmosphere

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:

E W E S A F E B R O W  
L O P I B E X R U D E  
K N E E D E E P A M E N  
S T E R N A L A W  
G E M A S L E E P  
A L L O Y B I P B R O  
H O O T C O N C O G S  
A G O W A X C A N O E  
B O P E E P M A R  
P E A E R O D E S  
C U E S B E E P B E E P  
A F R O L A T E A L E  
P O E M E R S T N Y C

7	6	9	5	4	2	3	8	1
1	2	5	9	3	8	4	6	7
8	4	3	7	6	1	9	5	2
4	1	6	8	7	3	2	9	5
9	7	2	6	5	4	1	3	8
5	3	8	2	1	9	7	4	6
2	8	1	3	9	6	5	7	4
3	5	4	1	8	7	6	2	9
6	9	7	4	2	5	8	1	3

Find today’s answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius

13-17 min.....Scholar

17-21 min .....Smart

21-25 min .....Not bad

25+ min.....Keep practising

Metro Recipe of the Day

Creamy Vegetable Fricassee

INGREDIENTS:

1 tbsp (15 mL) olive oil

8 oz (250 g) carrots, peeled and cut into sticks

8 oz (250 g) new potatoes, scrubbed and halved or quartered (depending on size)

5 oz (150 g) button mushrooms, halved

1 2/3 cup (400 mL) diluted reduced-salt vegetable stock

2 tbsp (25 mL) dry white wine

2 tsp (10 mL) fresh tarragon or 1/2 tsp (2 mL) dried tarragon

1 cup (250 mL) frozen broad beans

5 oz (150 g) asparagus, trimmed

1/4 cup (175 mL) light sour cream

1/2 cup (125 mL) unsalted cashew nuts

1 tbsp (15 mL) fresh tarragon (optional)

METHOD:

1. Heat oil in large flame-proof casserole dish over medium heat. Add carrots, potatoes and mushrooms, and cook, stirring frequently, about 4 minutes until lightly browned.

2. Pour in stock and white wine, and stir in tarragon. Bring to boil, then reduce heat, cover and simmer gently about 10 minutes until vegetables are almost cooked.

3. Stir in broad beans and lay asparagus on top. Cover and simmer for 6 minutes or until vegetables are tender.

4. Lift out vegetables onto plate, using slotted spoon. Stir sour cream into liquid in casserole dish and heat through gently, then season to taste. Return vegetables to casserole dish, coating with sauce. Scatter nuts and tarragon leaves (if using) over top.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

♈

A rebel will lighten up. A deal is made but it won't last forever. Eliminate weariness with exercise and vitamin.

TAURUS

APRIL 21-MAY 21

♉

A lonely person must accept a love affair. Don't be hostile when a tantrum is thrown. You'll be absent-minded at night.

LIBRA

SEPT 23-OCT 23

♎

You're rewarded for playing fairly. Make an effort to nurse someone back to health. A winning argument unsettles a leader.

GEMINI

MAY 22-JUNE 21

♊

A relative wants to get married. There's only one way out of a situation. Professional changes are looming.

SAGITTARIUS

NOV 23-DEC 21

♐

A guardian will grant someone's wishes. An understanding is reached with a prepared visitor. A failure to act is misunderstood.

CANCER

JUNE 22-JULY 22

♋

Your enthusiasm will affect gloomy people. A hypocritical female has lots of gossip. Your income becomes an issue.

CAPRICORN

DEC 22-JAN 20

♏

A woman's unpredictability leads to feelings of rejection. Make an important purchase that you've put off. Avoid people who are overreacting.

LEO

JULY 23-AUG 23

♌

Therapy is needed to improve family harmony. A scam artist is calm and reasonable. A self-improvement project may be excessive.

AQUARIUS

JAN 21-FEB 18

♒

People leading separate lives will come together. Don't be reluctant to part with gloomy villains. Don't do anything the hard way.

VIRGO

AUG 24-SEPT 22

♍

Being overly idealistic with friends will create problems. Don't interfere in a street fight. You can create a remarkable change for the better.

PISCES

FEB 19-MARCH 20

♓

Be creative when pressured by money worries. Taking a cost-conscious approach will work best. Someone will trust your instincts.

This day in history

JAN. 12, 1908: A long-distance radio message is sent from the Eiffel Tower for the first time.

JAN. 12, 1915: The United States House of Representatives rejects proposal to give women the right to vote.

JAN. 12, 1995: Malcolm X's daughter, Qubilah Shabazz, is arrested for conspiring to kill Louis Farrakhan.

JAN. 12, 2004: The world's largest ocean liner, RMS Queen Mary 2, makes its maiden voyage.

JAN. 12, 2006: Turkey releases Mehmet Ali Ağca from jail after he served 25 years for shooting Pope John Paul II.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

1. Pull a scam on Cervantes' Quixote (1)

2. Sleeper Van Winkle's minor mistakes (1)

3. Have mercy on Brontë governess Jane (1)

4. In-a-rut Twain boy Finn (1)

5. One who exhilarates James girl Daisy (2)

6. Scarlett's hubby's workout clothes (1)

7. Harry Potter pal Hermione's perils (2)

ANSWERS  
1. CON DON 2. RIPS SLIPS 3. SPARE EXIRE 4. STUCK HUCK  
5. MILLER THRILLER 6. RHETTS SWEATS 7. GRANGERS DANGERS  
1-12-09

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JAN 18 SUN TELUS CONVENTION CENTRE

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**CAA AMA Travel**

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VACATIONS

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